

**CLAIMS**

What is claimed is:

1. An improved sporting device, comprising:
  - a sport board having a top surface; and
  - a plurality of segmented foot pads with grip elements positioned on said top surface of said sport board, said grip elements being a plurality of hook or loop grip elements disposed on an upper surface thereof.
2. The improved sporting device of claim 1, wherein said plurality of foot pads are partitioned into at least two sets of foot pads.
3. The improved sporting device of claim 2, wherein at least two sets of the said plurality of foot pads are positioned on said top surface of said sport board along at least two different angles.
4. A sport board control device and footpiece combination, comprising:
  - a sport board having a top surface;
  - a plurality of segmented foot pads with grip elements positioned on said top surface of said sport board, said grip elements being a plurality of hook or loop grip elements disposed on an upper surface thereof; and
  - a footpiece formed and configured to fit onto a person's foot and including a substantially planar sole, a substantial portion of the sole having affixed thereto a set of hook or loop fastening elements to removably grip the top surface of the sport board having a cooperative layer of hook or loop grip elements affixed thereto.
5. The sport board control device of claim 4, wherein said plurality of foot pads are partitioned into at least two sets of foot pads.

6. The sport board control device of claim 4, wherein at least two sets of the said plurality of foot pads are positioned on said top surface of said sport board along at least two different angles.
7. An apparatus comprising:  
a footpiece formed and configured to fit onto a person's foot and including a substantially planar sole, a substantial portion of the sole having affixed thereto a set of hook or loop fastening elements to removably grip a surface having a cooperative layer of hook or loop grip elements affixed thereto.
8. The apparatus of claim 7 wherein the set of hook or loop fastening elements are removably affixed to the sole.
9. The apparatus of claim 7 wherein the set of hook or loop fastening elements covers the entirety of the sole.